



2010 City of Sugar Land  
Aquatics Division  
Parent Handbook  
Learn to Swim Program

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## GENERAL INFORMATION

We ask that all parents read the information in this booklet. Not only will it answer many questions you may have, but you will be able to tell your children what they will be doing and learning. We believe this will make them much more enthusiastic about their lessons as well as more ready to learn. Please share this information with them.

### REGISTRATION

IN PERSON:

Monday – Friday 8 a.m. – 5 p.m.  
Sugar Land Parks and Recreation Office  
200 Matlage Way

PHONE: (BY VISA, MASTERCARD AND AMERICAN EXPRESS ONLY)

Monday – Friday 8 a.m. – 5 p.m.  
281-275-2885

For more information call or visit our website:

281-275-2885

[www.sugarlandtx.gov](http://www.sugarlandtx.gov)

e-mail: [kpenewitt@sugarlandtx.gov](mailto:kpenewitt@sugarlandtx.gov)

PRICE: \$63

RESIDENT DISCOUNT PRICE: \$50

Registration begins May 10; early registration for residents begins Monday, May 3.

### SESSIONS

I	May 25 - June 4 (nights only)	II	June 8 – 18
III	June 22 – July 2	IV	July 13 – 23
V	July 27 – August 6		

Morning Classes 10 and 11 a.m.  
Tuesday – Friday

Evening Classes 7 and 8 p.m.

### CLASSES OFFERED

All classes and times are subject to change. Availability of classes is subject to a required minimum number enrolled.

Ages 6 – 36 months

Parent/Child (parent must be in the water with the child)

Classes last 30 minutes each

Ages 36 months – 7 years

Journey 1, 2 & 3

Classes last 45 minutes each

Ages 8 years – 50 years

Challenge 1, 2 & 3

Classes last 45 minutes each

Ages 50 & older

Senior Swimming

Classes last 45 minutes each

In compliance with ADA Regulations, if you require special services, please contact the Recreation Office at 281-275-2885.

### **MEDICAL PROBLEMS**

Medical histories should be available at pool site for students with medical problems. Inform registrar upon registration of any medical problems of student.

### **YOUR FEEDBACK COUNTS**

We would appreciate your comments on our programs, instructors or aides. We strive to improve our courses and organization so we can offer the best possible program.

### **PRACTICE**

Additional practice of skills learned in class is needed if children are to become proficient swimmers. Please take your children to a pool to practice whenever possible.

### **CONTINUING ON**

Your child must have mastered the skills of all preceding classes. If your child passed a course and it has been quite some time since they have had any swim practice, we recommend your child repeat his last course.

### **VIRGINIA GRAEME BAKER POOL & SPA SAFETY ACT**

In December 2007, the U.S. Congress signed into law the Energy Bill, and with it, the Virginia Graeme Baker Pool and Spa Safety Act was enacted.

The act was named after the granddaughter of Secretary of State James A. Baker III, whose life was cut tragically short by a suction entrapment in a family spa during a birthday party. There have been over 150 entrapment related injuries and deaths over the last two decades and nearly all of them happened because a pool or spa was not maintained to a safe standard. In many cases, the family was actually aware that the pool or spa drain cover was broken or missing and yet children were allowed to use the pool. The Virginia Graeme Baker Pool and Spa Safety Act promote the safe use of pools, spas and hot tubs by imposing mandatory federal requirements for suction entrapment avoidance.

The Sugar Land Municipal Pool was brought into compliance with this act on February 6, 2009 with the replacement of the main drains with the new ASME/ANSI (American Society Mechanical Engineers/American National Standards Institute) standards.

## **PHILOSOPHY AND OBJECTIVES**

- ☺ Provide for the safety of the students
- ☺ Provide a positive, happy experience for students.
- ☺ Teach students to enjoy water.
- ☺ Teach students to swim.
- ☺ Teach water safety.
- ☺ Emphasize self-help (the ability to get oneself out of a dangerous situation by not panicking, by rolling over onto back, floating and calling for help, or by swimming to side and calling for help or getting out).
- ☺ Students receive a certificate with a skills checklist and recommendation from instructor for next class in which to enroll.

## **POLICIES**

We are not responsible for lost or stolen items!

## **REFUNDS**

- No refunds or deductions for classes missed.
- Requests for full refunds must be done prior to the second day of class. Call 281-275-2885 to request a refund.

## **TRANSFERS**

- Requests for transfers to different hours or different sessions must be requested at least 5 days before the session begins. We must have adequate time to prepare for necessary instructor assignments based upon attendance.
- The Aquatics division reserves the right to move a child to another class based on skill level.

## **THUNDER, LIGHTENING OR RAIN**

- ☹ If classes must be canceled because of inclement weather (thunder, lighting or heavy rain) the decision to cancel will not be made until **15 minutes** prior to class start time. Please call the pool at 281-275-2897 if weather is questionable.
- ☹ Staff will make every effort to contact parents if classes are canceled.

### **OTHER CANCELLATIONS**

- ☹ Classes will be cancelled due to mechanical problems or unexpected situations affecting health, such as feces or vomit in the pool
- ☹ Staff will make every effort to contact parents if classes are canceled.

### **MAKE UP CLASSES**

- Classes that are canceled by the City for the above reasons will be rescheduled on Mondays or Saturday mornings.
- The Pool Managers will inform all parents of the makeup dates for classes canceled.
- Refunds will not be given for classes missed.
- There will be no make up classes for the makeup class missed.

### **BATHROOM POLICY**

3, 4, & 5 year olds will be escorted to bathroom during class time. Children 6 years and older will be allowed to go by themselves. Please encourage children to go to the bathroom before class begins.

### **CRYING**

If your child cries very much the first and second day, we may ask you to get in with them. If your child cries after this, transfer to a later session is recommended. If this happens, we recommend you take the child swimming at the pool where the lessons are held and work on some swimming skills with him/her

### **ATTENDANCE**

Please be punctual!

If your child is late to class, please take them to the instructor in the pool.

Please do not bring children earlier than 5 minutes before class.

Since classes go very quickly and we do not make up missed classes, please try to attend all classes.

### **CLASS ASSIGNMENTS**

Since many children may get out of shape over the winter or forget previously learned skills, we may move a child back to the proper class level, so they may review, practice, and improve their skills in order to meet prerequisites of the class. If a child is more advanced than the class registered for we may move a child ahead to the proper class level.

### **CLASS DISCIPLINE**

We reserve the right to take children out of classes when they are verbally or physically abusive to other students or instructors or if they disrupt the class.

### **TESTING**

- The Testing will be done on the last Thursday of class by the instructor or program coordinator.
- All testing is done on the 7th and 8th day of class.
- Children who need more practice at the same level of skills will receive an "Incomplete" and should enroll in that class again.
- Most children require more than one session in one particular level before passing. Endurance, coordination and being comfortable in the water contribute to the student's success.
- For those who register their swimmers for more than one session at a time...please check with the Parks and Recreation office at the conclusion of each session to confirm that we have your swimmer placed in the correct class level.
- Remember that learning to swim is the goal. Getting an incomplete in the course does not mean that the student has not learned. It does mean that he/she needs more practice to improve the stroke to meet the guidelines.

### **PARENT DAYS**

- First and last days are considered Parent Days ...on the first day of the session, you can help your child get acquainted with a new situation and on the last day you may bring your camera or video and watch your child show you all of the swimming skills he has acquired. Parents will be allowed on the pool deck (the 3 foot area around the pool) on the first day of class.
- Other days, parents are allowed only under the shade structures and in the grass areas.
- Operators of cameras and video equipment must adhere to this.
- Because children are easily distracted by nearby spectators and activities of others, we will provide designated waiting areas within the pool facility for spectators (on days other than those designated as Parent Days). We are happy to provide a designated waiting area as long as it does not compromise the quality of the teaching environment.
- When spectators remain in the designated waiting area, it will contribute to a safe and quiet atmosphere for teaching. Teachers will be better able to maintain the attention of their students. Lifeguards will be able to devote more attention to the safety of the children in the pool.
- Our goal is to teach your children to swim in a safe environment. Our experience has been that we do a better job when we have had the cooperation of parents and visitors helping eliminate excess activity in the pool area by waiting in the designated spectator areas.

Thank you for your cooperation.

### **PARENT/CHILD CLASSES**

- One parent or adult is required in the water at all times.
- NO DIAPERS!! Swim Diapers or a swimsuit should be worn. Diapers gain weight in the water and explode.
- Bring a bathtub toy that floats.

- Bring a drink and a snack for after the class as a reward. Try not to feed them at least one hour before the class begins.
- Children should not be hungry or tired.
- Arm floaties are not allowed during lessons and not encouraged to be used after lessons.
- DONOT give them milk one hour prior to class

## **SPECIAL NEEDS**

If your child has special needs, please indicate the special needs on the registration form and fill out a Special Needs Request Form. The information will be used to help us plan for and provide a rewarding swimming experience for all children.

We must have adequate time to plan for ways to meet the special needs requested.

Without prior notification of special needs, we may not be prepared and may not be able to help with the special needs requested.

## **POOL RULES**

All guests must obey the directions of the lifeguards.

The following is prohibited:

Foul Language

Running

Alcohol

Pets

Cut Off Shorts

Diapers

Smoking

Gum

Horseplay (pushing, shoving, fighting)

Large Floats and baby floats with no bottoms

Food is allowed in grass areas and at picnic tables

Diving is permitted in water 5 feet or deeper

An adult must accompany children under age 8.

Only U.S. Coast Guard approved lifejackets are allowed. No arm floaties will be permitted. We provide lifejackets.

## **HEALTH AND HYGIENE**

**CHLORINE AND pH** is checked 4 to 6 times daily, with random checks by the Health Department.

Chlorine levels are kept between .5 and 1.5, and pH is held between 7.2 and 7.8.

Eye burn may occur when pH of fluid in eye is different from that of the pool.

## **OVEREXPOSURE TO THE SUN**

Use sunscreen.

If t-shirts are worn, they should be close fitting to avoid restriction of movement.

## **DRY SKIN**

Shower off after class.  
Apply lotion.

### **EAR INFECTIONS**

Swimmer's ear (infection of ear canal resulting from moisture being trapped in the ear.)  
Commercial preparations may help to dry the ear out.  
See a physician for treatment of pain or discharge from ear.

### **SKIN INFECTIONS**

Any students with open wounds, lesions, contagious rashes, etc.... will not be allowed to swim, but are encouraged to sit at poolside and listen, watch, and learn.

**PARENTS:** Please have your children go to the bathroom and blow their noses before class!!!  
Because of recent situations when the pool had to be closed because of vomit in the pool, we ask parents to refrain from feeding or giving milk or milk products to the children before lessons, unless they are fed at least one hour before the beginning of class. That will allow ample time for digestion and should eliminate most cases of vomit in the pool. We also ask you not to bring children to class if they are sick.

Swim diapers are required for all children who are not toilet trained.  
Please **do not** allow children with **active diarrhea or who are recovering from diarrhea** to go into the pool. This greatly reduces the risk of water-borne illnesses. Infection may occur when individuals are exposed to water contaminated with fecal matter.

The pool must be closed for obvious health reasons when fecal and vomit contamination occurs.

## **PARENT INFORMATION**

The Sugar Land Learn-to-Swim program offered at the Sugar Land Municipal Pool is designed to give your child a positive learning experience and teach lifelong swimming skills. Regardless of your child's swimming ability, you can play a critical role in guiding, caring for, supervising, motivating and working with your child during this experience. The following are some suggestions to help you in providing the best experience for your child:

Prepare your child for this experience. Give your child an opportunity to visit the pool before the beginning of class. Describe what will be happening and perhaps talk to an instructor. Even very young children can benefit from this orientation. Be sure the instructor is certified as an American Red Cross Water Safety Instructor.

Be Prompt. Children can get anxious if hurried. Allow plenty of time before and after class for showering, going to the bathroom, and dressing.

Follow rules and regulations. You are responsible for your child's actions, not the instructor or lifeguard. Teach, talk about, and review the pool rules with your child. Lead by example.

Attend every lesson. Frequent practice is the key to adjustment and learning. Children can regress quickly if not allowed to practice. It is a good idea to encourage a crying or hesitant child to continue attending the class. Just being around the pool and observing the activities can help your child adjust.

Complete all the levels. Make sure your child completes all the learn-to-swim levels so that he or she truly has the skills to be safe in, on, and around water. Encourage safe practices. Young children cannot be expected to exercise good judgment and caution. Children must be constantly reminded to walk slowly in the pool area and only enter the water with the instructor during the class and with you after the class.

Have patience. It is important not to pressure your child to perform before he or she is ready. Readiness results from maturity, experiences and other individual factors.

Avoid comparisons. No two children develop at the same rate. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice, and previous experience. Respect your child's qualities and do not compare them to their siblings or other children.

Provide encouragement. A good rule is to encourage your child to do everything, but not to force him or her to do anything. Forcing a child will only bring negative results. Let your child know that learning involves lots of practice and they should keep trying.

Be positive. Use a positive attitude when correcting behavior or enforcing rules. Discuss what behavior is expected in addition to pointing out what the child has done wrong.

Give praise. Recognize your child's efforts, no matter how small the accomplishment. People are not motivated by failure or ridicule. Success promotes success. Praise should be descriptive of an action. Rather than simply saying "Good", say, "I like the way you blew those great big bubbles."

Facilitate practice and review. Try out the skills and activities at home or during the recreational swimming hours at the pool. The bathtub, shower, or wading pool is a perfect place for practice. The more practice, the better your child will learn, and the more quickly he or she can progress.

## **FREQUENTLY ASKED QUESTIONS ABOUT SWIM LESSONS**

**Q.** What causes fear of the water?

**A.** Some of the more common causes of early fear of the water have to do with the way parents or caretakers relate to their children in and around water. These causes include:

- Being raised by parents or caretakers who are afraid of the water and have either knowingly or unknowingly communicated this fear to their children;
- Being raised in an environment that prevents childhood water play, whether as a result of lack of opportunity or parental actions;
- Being forced into water activities beyond the ability or comfort level;

- Being carelessly handled in water experiences;
- Being involved in or witnessing a traumatic water accident; or
- Having a fear of the unknown or a great fear of new experiences.

Q. What helps prevent fear of the water?

A. No matter how cautious you are, fear cannot always be prevented. You can help reduce fear in the following ways:

- Provide enjoyable non-threatening water activities that are simple and fun to build confidence and success.
- Arrange for regular, continued contact with a water environment for your child.
- Select safe water environments and supervise all water play.
- Treat water mishaps sympathetically, but do not alarm your child.
- Be aware of your facial expressions and choice of words so that you do not signal panic or fear.
- Lead by example. Follow rules and enjoy the water with your child. Get your face wet and perform some of the simple and fun activities in the program.

Q. What if my child already has a fear of the water?

A. Respect your child's feelings. Teasing or getting angry only makes matters worse. Progress slowly by following these guidelines:

- Provide plenty of time for your child to adjust to the new settings.
- Concentrate on activities with which your child is comfortable and ready.
- Expose your child to other children who are having fun.
- Enjoy the water yourself with your child.

Q. How many lessons is it going to take for my child to "swim"?

A. Children vary widely when it comes to learning a skill. In general, each child's readiness is influenced by physical development, previous experiences, home environment, parental attitudes, and individual preferences. For most skills, there are simple prerequisites, activities, and lead-ups that can prepare the child to perform these skills. For example, before children are ready to put their entire face in the water, they may need to practice blowing bubbles, washing the face, splashing, and putting parts of the face in the water. It may take 30 - 80 lessons before a child can swim independently. However, to make sure your child does learn to swim well, be sure that he or she completes all of the learn-to-swim levels.

Q. What if my child cannot keep up with the class?

A. The progress of your child is not compared with that of any other child. Because they have different experiences and backgrounds as well as different learning rates, children acquire skills at different times. The instructor can adapt and adjust the level of difficulty to the individual child. This way, your child will feel a part of the group, but will practice at his or her level. If you believe that your child needs to be in a different level class, consult with the instructor or the facility program coordinator.

Q. What can I do to help?

A. You will be taking the first step by enrolling your child in swim lessons. You need to have your child attend class on a regular basis, work together with the instructor and take time for

other practice and water play opportunities outside the program. Also, throughout the session of swim lessons, take the time each day to read the Learn-to-Swim booklet with your child and practice the activities suggested. Doing this will help extend the lesson experience beyond the water and encourage discussions about safe practices in and around the water.

Q. How many levels should my child complete?

A. Your child should complete all of the Learn-to-Swim levels to develop full swimming competency. A child who has only completed Journey 1 or 2, Challenge 1 or 2 may have acquired just the basic skills for swimming. It may take several seasons for a child to successfully complete all levels. If he or she swims only during the summer months, skills will be diminished. Regular practice is necessary to keep skills and progress to the next level.

Q. Will my child become “drownproof” after participating in the Learn-to-Swim program?

A. Participation in any swimming lesson program does not “drownproof” your child. It is only the first step in developing your child’s water safety and swimming skills. Year-round practice, regular exposure to water, and positive encouragement are the tools needed for developing your child’s comfort level in water and improving his or her swimming skills.

A certificate from any one of our classes does not ensure against drowning.

Panic is the major cause of drowning and even a good swimmer can panic.

Parents **should** at all time watch children at a pool or wading pool, even when there is a lifeguard on duty. Parents know their child's ability level and can spot a problem much quicker than a lifeguard.

Never assume that a child is safe in a swim ring, inner-tube, float toy, or holding onto a kickboard. The child may float into water over his head, lose his floating support and find himself too far from the side of the pool.

## **HOW TO HELP YOUR CHILD HAVE A SUCCESSFUL SWIMMING EXPERIENCE**

- ☺ If your child has special needs, please indicate the special needs at the time of registration.
- ☺ We must have prior notification of any special needs so we will have adequate time to plan for ways to meet those special needs. Without prior notification, we may not be prepared and may not be able to help with special needs.
- ☺ Attend class every day.
- ☺ Be on time to class. If you are late to class, always escort your child to his/her class.
- ☺ Take children to the pool during public pool hours to let them practice skills taught in class. (It usually takes more than one session of classes for children to master all the skills taught and to advance to the next level.)
- ☺ FREE...Parent Handbooks...please obtain one and READ IT!!! The skills your child will be learning are listed. Swim lesson policies are discussed. Many questions you may have will be answered in the Parent Handbook.

- ☺ If you see a problem or have a concern or have a complaint, please see someone at the front desk and let them know. (We can't make improvements or corrections unless you let us know there is a problem.)
- ☺ Please remember when your child's class is over and **BE ON TIME TO PICK THEM UP**. Children are often upset when parents/guardians arrive late to get them.

## **SWIMMING COURSES**

The following is a list of swimming classes offered and the course requirements for each.

### **PARENT/CHILD**

6 months to 36 months.

Class Length: 30 minutes

#### **Purpose:**

Helps children become comfortable in the water as they develop a readiness to swim.

Parents and instructor work together to help children adjust to the water.

Includes basic safety practices to help parents keep children safe in and around the water. This course does not teach children to be accomplished swimmers nor to survive in the water.

Certificate awarded for participation.

#### **Needs:**

- One parent/adult per child must get into the water.
- Swim Diapers are required for all children who are not toilet trained. The pool must be closed for health reasons when 'accidents' occur.
- Bring a bathtub toy that floats.
- Bring a drink and a snack for after the class as a reward. Try not to feed them at least one hour before the class begins. They have a tendency to swallow some water and air, and this could cause them to spit up.
- Children should not be hungry or tired.
- This course uses play as a basic form of learning and provides fun and enjoyment in the water. Some children are not happy in the water. If so, after two or three lessons, and with your instructor's recommendation, we will transfer you to another session.
- A child's first experiences with the water are the most important, and we will strive to make it a very good experience.
- Never convey to your child any fear you may have of the water. Your child (if old enough) should be encouraged and informed about this activity before and after each lesson. Emphasize fun and always be positive. Please do not compare your child to others. They all progress at their own rate.
- If the child is ill, or cannot come one day, the parent should try to come anyway.
- One day is devoted to infant/child CPR.
- The basis of this course is repetition and praise.

**SKILLS:** (Some of the skills taught in class are listed below.) Progression from the beginning to the more advanced skills will depend upon your child's readiness.

- ❖ Water Entry
- ❖ Blowing Bubbles
- ❖ Leg action
- ❖ Exploring the pool (Deep water is included)
- ❖ Front float Underwater exploration
- ❖ Front glide
- ❖ Rolling over
- ❖ Choosing & using lifejacket
- ❖ Back float
- ❖ Basic safety rules
- ❖ CPR – basic for infant/child
- ❖ Back glide
- ❖ Arm action
- ❖ Water exit

Age is only a general marker of a child's developmental level and physical ability. Individual differences in children concerning their preferences and prior water experience will influence the way and the speed at which they learn.

Instructors and parents must be sensitive to each child's unique qualities.

## **JOURNEY 1**

36 months to 7 years

Class Length: 45 minutes

- ❖ Enter water safely by stepping or jumping from side
- ❖ Exit water safely using ladder or side
- ❖ Submerge entire head
- ❖ Blow bubbles
- ❖ Bobs
- ❖ Open eyes underwater, pick up submerged object
- ❖ Front float, face in water and recovery
- ❖ Back float and recovery
- ❖ Back glide
- ❖ Change direction while walking
- ❖ Change direction while paddling
- ❖ Roll over
- ❖ Treading unsupported
- ❖ Combined stroke on front
- ❖ Combined stroke on back
- ❖ Finning and Sculling arm action
- ❖ Water Safety rules
- ❖ Lifejacket use
- ❖ Recognizing swimmer in distress
- ❖ How to get help

## Exit Skills Assessments

- ✓ Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter, or 'swim'.)
- ✓ Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
- ✓ Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.
- ✓ Jump into deep end and swim (with assistance) to edge of pool.
- ✓ Float on front with support for 3 seconds, roll to back and float on back for 5 seconds.

## JOURNEY 2

36 months to 7 years

Class Length: 45 minutes

Purpose: Builds on the skills in Journey 1 by providing additional guided practice.

- ❖ Jump into deep water from the side change direction and position, front and back
- ❖ Head first entry from sitting or kneeling position, tread water
- ❖ Submerge and retrieve an object
- ❖ Bobs with head fully submerged
- ❖ Front Crawl (freestyle)
- ❖ Breaststroke
- ❖ Elementary Backstroke
- ❖ Back Crawl (racing backstroke)
- ❖ Back float
- ❖ Change direction and position, front and back
- ❖ Tread water
- ❖ Front crawl
- ❖ Back crawl
- ❖ Water Safety rules
- ❖ Safe Diving rules
- ❖ HELP and Huddle Lifejacket positions
- ❖ Reaching assist

## Exit Skills Assessment

- ✓ Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to side), maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.
- ✓ Jump into chest-deep water from the side, swim breast stroke for 10 yards with face in the water and breathing pattern (to front), maintain position by treading or floating for 30 seconds and swim back crawl 10 yards.

### **JOURNEY 3**

36 months to 7 years

Class Length: 45 minutes

Purpose: Develops confidence in the strokes learned and to improve other aquatic skills. Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances.

- ❖ Dive from compact or stride position
- ❖ Swim underwater
- ❖ Feet-first surface dive
- ❖ Survival float
- ❖ Back float
- ❖ Open turn on front
- ❖ Open turn on back
- ❖ Tread water with various kicks and sculling motions
- ❖ Front crawl
- ❖ Breaststroke
- ❖ Butterfly
- ❖ Back crawl
- ❖ Elementary backstroke
- ❖ Swim on side with scissors kick
- ❖ Safe Diving rules
- ❖ Compact jump from height while wearing life jacket
- ❖ Throwing assist
- ❖ Feet-first surface dive
- ❖ Call for emergency help
- ❖ Reaching and throwing assists
- ❖ Surface dive and retrieve object from bottom

#### **Exit Skills Assessments**

- ✓ Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards
- ✓ Swim Elementary Backstroke for 25 yards
- ✓ 1 minute in deep water (float or sculling)
- ✓ Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
- ✓ Swim butterfly for 20 yards
- ✓ Swim Sidestroke for 20 yards

### **CHALLENGE 1**

7 – 50 years

Class Length: 45 minutes

- ❖ Enter water safely by stepping or jumping from side

- ❖ Exit water safely using ladder or side
- ❖ Submerge entire head
- ❖ Blow bubbles
- ❖ Bobs
- ❖ Open eyes underwater, pick up submerged object
- ❖ Front float, face in water and recovery
- ❖ Back float and recovery
- ❖ Back glide
- ❖ Change direction while walking
- ❖ Change direction while paddling
- ❖ Roll over
- ❖ Treading unsupported
- ❖ Combined stroke on front
- ❖ Combined stroke on back
- ❖ Finning and Sculling arm action
- ❖ Water Safety rules
- ❖ Lifejacket use
- ❖ Recognizing swimmer in distress
- ❖ How to get help
- ❖ Check-Call-Care

#### Exit Skills Assessments

- ✓ Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter, or 'swim'.)
- ✓ Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
- ✓ Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.
- ✓ Jump into deep end and swim (with assistance) to edge of pool.
- ✓ Float on front with support for 3 seconds, roll to back and float on back for 5 seconds.

#### **CHALLENGE 2**

7 – 50 years

Class Length: 45 minutes

Purpose: Builds on the skills in Challenge 1 by providing additional guided practice.

- ❖ Jump into deep water from the side change direction and position, front and back
- ❖ Head first entry from sitting or kneeling position, tread water
- ❖ Submerge and retrieve an object
- ❖ Bobs with head fully submerged
- ❖ Front Crawl (freestyle)
- ❖ Breaststroke
- ❖ Survival float

- ❖ Elementary Backstroke
- ❖ Back Crawl (racing backstroke)
- ❖ Back float
- ❖ Change direction and position, front and back
- ❖ Tread water
- ❖ Front crawl
- ❖ Back crawl
- ❖ Water Safety rules
- ❖ Safe Diving rules
- ❖ HELP and Huddle Lifejacket positions
- ❖ Reaching assist
- ❖ Check-Call-Care

#### Exit Skills Assessment

- ✓ Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to side), maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.
- ✓ Jump into chest-deep water from the side, swim breast stroke for 10 yards with face in the water and breathing pattern (to front), maintain position by treading or floating for 30 seconds and swim back crawl 10 yards.

#### **CHALLENGE 3**

7 – 50 years

Class Length: 45 minutes

Purpose: Develops confidence in the strokes learned and to improve other aquatic skills. Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances.

- ❖ Dive from compact or stride position
- ❖ Swim underwater
- ❖ Feet-first surface dive
- ❖ Survival float
- ❖ Back float
- ❖ Open turn on front
- ❖ Open turn on back
- ❖ Tread water with various kicks and sculling motions
- ❖ Front crawl
- ❖ Breaststroke
- ❖ Butterfly
- ❖ Back crawl
- ❖ Elementary backstroke
- ❖ Swim on side with scissors kick
- ❖ Safe Diving rules

- ❖ Compact jump from height while wearing life jacket
- ❖ Throwing assist
- ❖ Care for conscious choking victim
- ❖ Feet-first surface dive
- ❖ Check-Call-Care and Rescue Breathing
- ❖ Call for emergency help
- ❖ Care for conscious choking victim
- ❖ Reaching and throwing assists
- ❖ Surface dive and retrieve object from bottom

#### Exit Skills Assessments

- ✓ Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards
- ✓ Swim Elementary Backstroke for 25 yards
- ✓ 1 minute in deep water (float or sculling)
- ✓ Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
- ✓ Swim butterfly for 20 yards
- ✓ Swim Sidestroke for 20 yards

#### **SENIOR SWIMMING**

50 years +

Class Length: 45 minutes

Senior swimming is designed to work on the swim level of the student. The class can be as basic as a Challenge 1 or advanced as a Challenge 3.

Age is only a general marker of a child's developmental level and physical ability. Individual differences in children concerning their preferences and prior water experience will influence the way and the speed at which they learn.

Instructors and parents must be sensitive to each child's unique qualities.

### **SUMMER 2010 POOL INFORMATION**

#### **FEES**

##### Resident

Before 5 p.m.

Adult (18 and older) \$2.25

Child (under 18) \$1

After 5 p.m.

Adult (18 and older) \$1

Child (under 18) \$.50

##### Non-Resident

Before 5 p.m.	
Adult (18 and older)	\$2.85
Child (under 18)	\$1.25
After 5 p.m.	
Adult (18 and older)	\$1.25
Child (under 18)	\$.65

## **OPERATION HOURS**

Mondays	Closed (exception: Holidays – Memorial Day, July 4 and Labor Day)
Tuesdays – Fridays	12 noon – 7 p.m.
Saturday and Sunday	11 a.m. – 8 p.m.
Holiday Hours	11 a.m. – 8 p.m.
May 29 – 31	Opening Weekend
June 4 – August 15	Daily Operations
August 21 – 29	Weekend Only Operations
September 4 – 6	Labor Day Weekend
September 7	Pool is closed for season

All children under age 8 must be accompanied by an adult.

